






IMPACT OF UNRESOLVED *Mental Health* CONCERNS

- ! Low self-esteem
- ! Relationship difficulties
- ! Challenges in school/work
- ! Physical harm to self or others



WHAT *Chat* DOES



-  Provide a confidential and personalised mental health check
-  Answer any questions one might have about mental health
-  Share options available so that one can decide on the next steps
-  Provide training for young people and professionals
-  Raise awareness on mental health conditions through roadshows, events and collaborations

Chat CONTACT DETAILS

-  www.chat.mentalhealth.sg
-  chat@mentalhealth.sg
-  6493 6500 / 01
-  www.facebook.com/chatfans
-  www.instagram.com/chatfans



CHAT Hub | *SCAPE
2 Orchard Link, #05-05
Singapore 237978



OTHER RESOURCES |





Samaritans of Singapore (SOS)

-  1800 221 4444 (24h)
-  www.sos.org.sg

Institute of Mental Health (IMH)

-  6389 2222 (24h)
-  www.imh.com.sg

Singapore Association for Mental Health (SAMH)

-  1800 283 7019
Weekdays (excl. public holidays)
9am - 1pm, 2pm - 6pm
-  www.samhealth.org.sg

e2i

-  <https://e2i.com.sg>

YOUR MINI GUIDE TO

MENTAL HEALTH *Works*



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EMERGENCE
HR VISIONAIRES • SINGAPORE



Community Health
Assessment Team

In early adulthood, there are many things going on in your life. Dealing with work can be stressful and may bring on mental health concerns.

Internationally,

1 in 5 young people suffer from a mental health problem.¹



In Singapore,

less than a quarter in the general population with mental health concerns seek help.^{2,3}

¹ Patel et al., 2007

² Singapore Mental Health Study, 2016

Recognise the signs and symptoms and seek professional help. Early intervention leads to good recovery.

Signs OF ANXIETY

Behavioural

- Avoidance of anxiety-provoking places and/or situations
- Withdrawal from friends and/or family
- Limiting amount and scope of daily activities

Physical

- Heart palpitations
- Breathlessness
- Sleep disturbance
- Dizziness
- Cold sweat

Psychological

- Excessive fear and worry
- Poor concentration
- Irritability
- Poor memory

Signs OF DEPRESSION

Loss of **I**Nterest in daily activities

Sleep disturbance
Appetite changes
Depressed mood

Concentration problems
Activity level reduced
Guilt
Energy level decreased
Suicidal thoughts

When TO SEEK SUPPORT?

Everyone feels stressed or anxious from time to time. However, if the feelings continue for more than two weeks, affecting your appetite, sleep or work, interfering with the quality of your relationships, or giving you thoughts of harming yourself, you would want to consider seeing a mental health professional.

MANAGE
WORK STRESS

- Make friends at work and establish a support system
- Understand your job scope and expectations.
- Know your limits. Do not be afraid to ask for help.
- Take part in mental health workshops, join mental health events, or join a support group to understand and manage mental health issues better.

